

## Choreography for Reform Worship

These are the dance steps for Reform worship. They may be done slightly differently in any given congregation (remember *minhag* [custom]).

Type	Notes	Part Svc
<b>ORIENTATION</b>	Normally, we pray the <b>Amidah</b> facing east, but not every synagogue is “oriented” that way.	Amidah
	For the last verse of <b>L’cha Dodi</b> , some turn to face the door, as to welcome the bride at a wedding.	Kabbalat Shabbat
	During <b>Hakafah</b> , always face toward the Torah as it circles the room.	Torah Service
<b>SITTING</b>	<b>The normal posture for Jewish prayer.</b>	
<b>STANDING</b>	<b>Barechu</b> <b>Shema</b> (in most Reform settings) <b>Amidah</b> (“standing prayer”) Whenever the Torah is Moving [respect] Whenever the Ark is Open [respect]	Barechu Shema Amidah Torah & Amidah
	At the <b>Barechu</b> (knee, bow, up) Begin & End <b>Avot</b> (knee, bow, up) “Modim anachnu lach” ( <b>Hoda’ah</b> ) (knee, bow, up) V’Anachnu <b>KORIM</b> (knee, bow, up)	Barechu Amidah  Aleinu
<b>BOWING</b>	“Adonai, sefatai tiftach...” (Intro) “Aleinu v’al kol Yisrael” ( <b>Birkat Shalom</b> ) “Aleinu v’al kol Yisrael” ( <b>Birkat Shalom</b> )	Amidah  Kaddish
<b>COVERING EYES</b>	Shabbat & Yom Tov Candle Blessings <b>Shema</b>	Candles Shema
<b>BOWS &amp; TOES</b>	At the <b>Kedusha</b> (morning service): “ZEH I’ZEH v’amar” (bow side to side, on each “zeh”) “KaDOSH, kaDOSH, kaDOSH” (rise on toes 3x)	Amidah

**Amidah** – The Standing Prayer, a series of prayers.

**Avot** – First prayer in the Amidah

**Barechu** – “Call to Prayer” immediately before Shema and its Blessings

**Birkat Shalom** – Last prayer in the Amidah

**Hakafah** – Carrying the Torah around before (and sometimes after) Reading

**Hoda’ah** – “Thanksgiving” – next to last prayer in the Amidah

**Kaddish** – Prayer of Praise at the end of the Service, comforting Mourners

**Kedusha** – 3<sup>rd</sup> prayer of the Amidah

**L’cha Dodi** – On Shabbat evening, a song/poem welcoming Shabbat

**Minhag** – custom

**Shema** – Central statement of Jewish faith. Deuteronomy 6:4.

LESS IS MORE!